MFT

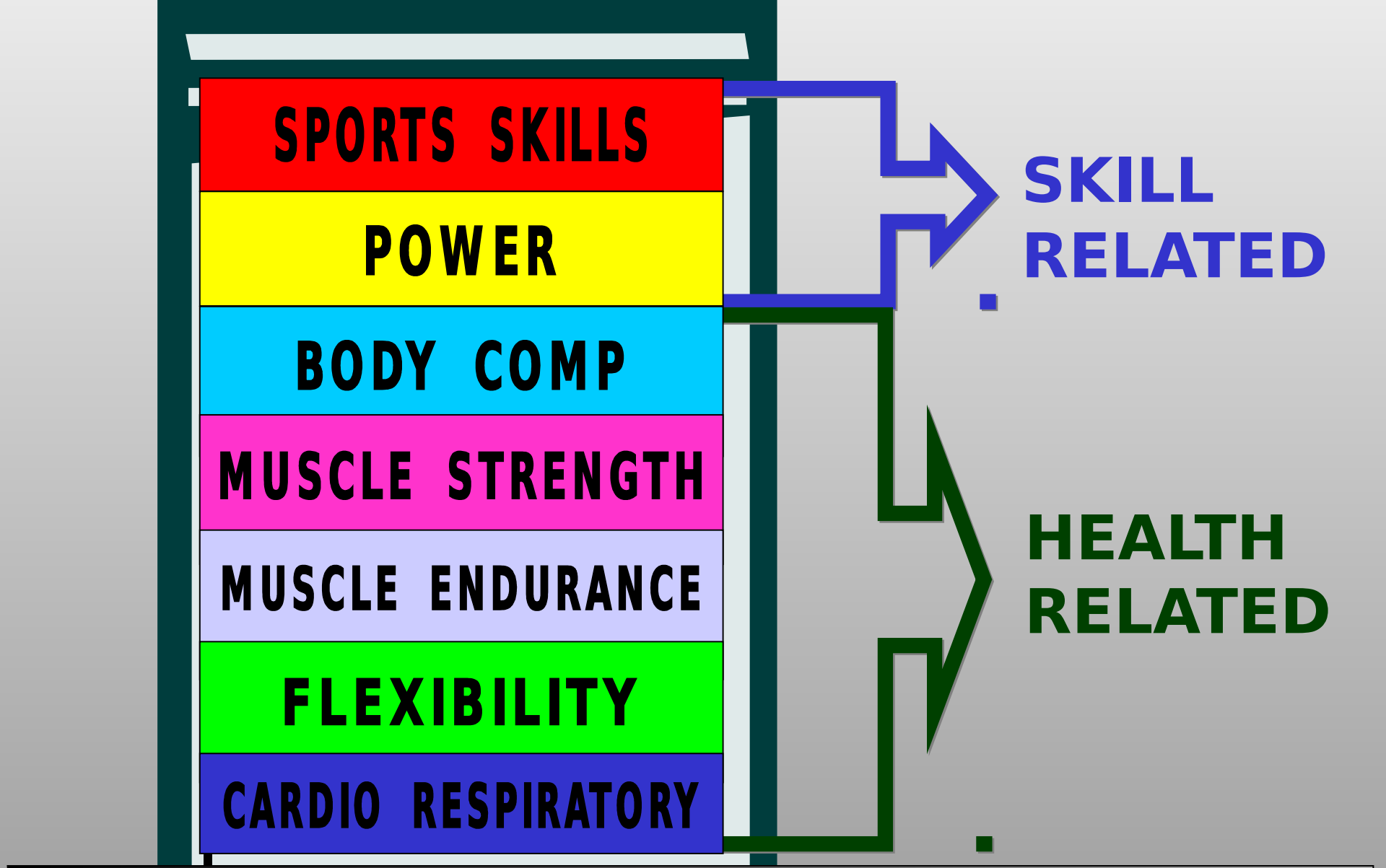
PERSONAL FITNESS

Lesson 3

Personal Fitness: Lesson 3

- Review Lesson 2 and homework
- LO #1: Review PFP Draft
- LO #2: 5 components of health-related fitness
- LO #3: FITT variables of training
- Review

LO#1: Review PFP Draft



LO #2: 5 Components of Health Related F

LO #2: 5 Components of Health Related Fitness

- Maximum number of repetitions of a submaximal weight = _____
- Maximum volume of oxygen consumed per unit time and body mass = _____
- Ability to move joints through an entire range of motion (ROM) = _____
- Maximum weight you can lift through the entire ROM one time = _____
- Percentage of body weight that is fat tissue = ___

LO#3: FITT--Variables of Training

- Frequency (Regularity, Recovery, Progression)
  - Number of workouts per week
- Intensity (Specificity, Overload)
  - How fast (move) or heavy (lift) as a % of max
- Time (Specificity, Overload)
  - Duration of workout (# of reps, distance, time)
- Type (Variety, Realism, Balance)
  - Mode of exercise (walk, run, cycle, lift wt., swim, etc.)

LO#3: FITT--Variables

	Frequency	Intensity	Time	Type
F	5-6x/wk	Mild discomfort	10-30 sec/rep 3-5 rep/stretch	PNF Static
CR	3-5x/wk	50-85%maxHR 60-90%HRR	20+ minutes Inversely related to intensity	Run, cycle, swim, walk, row, dance
MS	1-2x/wk, days non-consecutive	70-100% 1RM ≤8 reps TMF	1-3 sets 2-4 min rest	Free wts, machines
ME	2-3x/wk, days non-consecutive	12+ reps TMF	4-6 sets 1-2 min rest	PU, SU, ATB, Dips, ChinUps